

WALKING TIPS

BE CAREFUL IN TRAFFIC.

- Cross the street only at intersections or crosswalks.
- Pedestrian signals(“walk” or “don’t walk”) always follow them
- Cars turning across your path-look all ways, not just straight ahead.
- Bus stops-wait until the bus pulls away before crossing(don’t cross in front)
- Your distance from the curb-stand safely back when waiting
- Time needed to cross-if you’ll need to hurry, wait!
- Turn signals-make sure the driver is actually turning.
- Be careful getting in and out of your vehicle.

STAY SAFE NEAR MAIN ROADS.

- Don’t walk on limited-access highways
- Freeways are not for walkers
- Don’t walk alone them unless absolutely necessary.
- Never cross freeways.
- Always use sidewalk when available.
- If there is not a sidewalk, walk facing traffic-this allows you to see and react to situations.

OTHER WAYS TO STAY SAFE ON FOOT.

- Don’t hitchhike.
- Walk with someone, if possible.
- Avoid isolated areas.
- Stay alert. Don’t wear headphones.
- Avoid walking at night.
- Protect your valuables. Hold your purse close to your body. Keep a wallet in a front or inside pocket.
- If you are being followed, show your suspicion. Change direction. Go to a store or anywhere there are people.

TEACH FAMILY MEMBERS PEDESTRIAN SAFETY.

- Looking left-right-left and listening before crossing (teach young children t hold a trusted adult’s hand)

- Not playing in the street
- Getting on and off a school bus safely.
- Help any seniors in your family to get around safely.

SET AN EXAMPLE IN YOUR COMMUNITY. WHEN YOU FOLLOW PEDESTRIAN SAFETY RULES, YOUR COURTESY RUBS OFF ON OTHERS. BE A SAFE AND COURTEOUS DRIVER, TOO.